

**Table 1**

Variable	Mean	SD	Range
Age	60.7	8.9	45-78
Gender			
Male	10		
Female	10		
Marital status			
Married	10		
Single	10		
Divorced	10		
Widowed	10		
Educational level			
High school or less	10		
College	10		
Postgraduate	10		
Occupation			
Unemployed	10		
Retired	10		
Other	10		
Health status			
Good	10		
Fair	10		
Poor	10		
Living arrangement			
Alone	10		
With family	10		
In nursing home	10		
Medication use			
Yes	10		
No	10		
Comorbidity			
Hypertension	10		
Diabetes	10		
Asthma	10		
Heart disease	10		
Stroke	10		
Cancer	10		
Depression	10		
Anxiety	10		
Dementia	10		
Parkinson's	10		
Alzheimer's	10		
Epilepsy	10		
Schizophrenia	10		
Bipolar disorder	10		
Major depressive disorder	10		
Generalized anxiety disorder	10		
Obsessive-compulsive disorder	10		
Personality disorder	10		
Substance abuse	10		
Alcoholism	10		
Drug addiction	10		
Smoking	10		
Tobacco use	10		
Marijuana use	10		
Heroin use	10		
Cocaine use	10		
Methamphetamine use	10		
Ecstasy use	10		
LSD use	10		
Hallucinogens	10		
Stimulants	10		
Sedatives	10		
Antipsychotics	10		
Antidepressants	10		
Anxiolytics	10		
Insulin	10		
Blood pressure medication	10		
Cholesterol medication	10		
Painkillers	10		
Antibiotics	10		
Vitamins	10		
Supplements	10		
Herbal remedies	10		
Acupuncture	10		
Yoga	10		
Meditation	10		
Exercise	10		
Walking	10		
Swimming	10		
Golfing	10		
Fishing	10		
Gardening	10		
Cooking	10		
Reading	10		
Watching TV	10		
Listening to music	10		
Traveling	10		
Volunteering	10		
Socializing	10		
Family time	10		
Friends time	10		
Community activities	10		
Religious activities	10		
Spiritual practices	10		
Prayer	10		
Meditation	10		
Transcendental meditation	10		
Vedanta	10		
Zen Buddhism	10		
Theravada Buddhism	10		
Mahayana Buddhism	10		
Jainism	10		
Sikhism	10		
Islam	10		
Christianity	10		
Judaism	10		
Hinduism	10		
Others	10		

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